

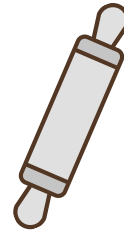
Check out more children's videos,
recipes and other resources
online @

<https://bountyandsoul.org/education/>

We want to see what you have
been doing! Email
abbie@bountyandsoul.org a
photo of your cooking creation!

Have a suggestion/question
about the Children's Wellness
Bags?

Email: abbie@bountyandsoul.org



Green Aprons Recipe Book



Bounty & Soul



A, B, Celery!



Can you name a fruit or vegetable that
starts with each letter of the alphabet? List
or draw them here!

A B C D

E F G H

I J K L

M N O P



A, B, Celery!



Can you name a fruit or vegetable that
starts with each letter of the alphabet? List
and draw them here!

Q R S T

U V W X

Y Z

If you can't think of one, ask a friend! See if
an adult could help you research new foods
to match the letters.

Tomato Lady Bugs

Ingredients:

- 4 Cherry tomatoes
- 2 black olives
- 8 fresh basil leaves
- 8 whole grain crackers
- 1/4 cup hummus
- 16 one-inch pieces of green onion
- 1 tsp balsamic vinegar
- 1/2 tbsp black or white sesame seeds

Instructions:

1. Spread the crackers out on a plate, and top each with approximately 1 tbsp of hummus. Place 1 basil leaf on each cracker.
 2. Slice the cherry tomatoes in half. Place one half (flat side down) on top of the hummus and basil leaf
 3. Slice the olives into quarters. Place the olive on the hummus in front of the tomato, to be the lady bug's head. Place the green onion pieces in front of the olives to be antennae.
4. Brush tomatoes with balsamic vinegar (optional, this will help the sesame seeds stick). Sprinkle the tomato with white or black sesame seeds to be the spots on the lady bug!



Crispy Baked Onion Rings



Ingredients:

- 2 vidalia onions (about a pound), or other sweet onion like Walla Walla
- ½ cup + 2 tablespoons whole wheat flour
- 2 tablespoons non-GMO cornstarch
- 1 cup cold unsweetened almond milk or other non-dairy milk
- 1 teaspoon apple cider vinegar
- 1 cup whole wheat bread crumbs
- 1 teaspoon sea salt
- 2 tsps extra virgin olive oil

Instructions:

1. Slice onions into ¾ inch thick rings. Separate the rings and place in a bowl.
2. Preheat oven to 450°F. Line a rimmed 12x18 baking sheet with parchment paper, spray with cooking spray.
3. In one separate bowl, dump in the flour and cornstarch. Add the almond milk and vinegar.
4. In another bowl, mix together the bread crumbs and salt. Drizzle in the oil and use your fingertips to mix it up well.
5. Assemble the onion rings: Dip each onion slice into the milk mixture first, letting the excess drip off. Transfer to the breadcrumbs bowl and use the other hand to sprinkle a handful of breadcrumbs over the onion, to coat completely. This may take a bit of practice.
6. Carefully transfer each onion to a single layer on the baking sheet. Bake for 8 minutes. Flip, and bake another 6 minutes. Rings should be varying shades of brown and crisp. Taste one to check for doneness. Serve as soon as possible. Great with ketchup!

Crispy Apple 'Donuts'



Ingredients:

- 1 apple
 - 3 tbsp peanut butter or other nut butter
 - 1 tbsp honey
- OR**
- 3 tbsp non-dairy unsweetened yoghurt
 - 1 tbsp honey

Instructions:

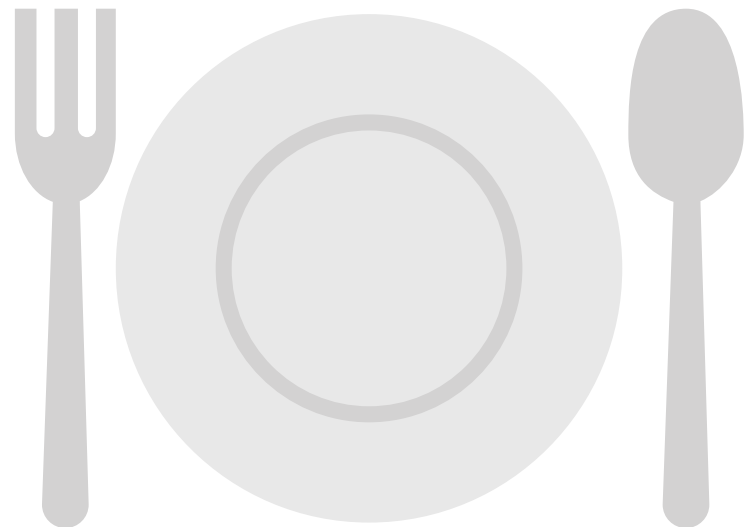
1. Slice the apple into 1/3 inch thick slices where the core is in the middle of the slice. Using a cookie cutter or knife, cut a circle around the core in each slice and remove it to make a donut shape.
2. Mix together either the nutbutter and honey OR yoghurt and honey. Top each apple with the mixture and then sprinkle on any of the optional toppings!

Toppings to choose from:

chopped nuts, raisins, shredded coconut, cinnamon, granola, etc!

These crunchy treats make a great afternoon snack- or breakfast! They have all the fun of a customizable donut, without any processed sugar.

A Rainbow on Your Plate!



Next time you eat a meal, try to name all of the different colors you see! How many colors of the rainbow are on your plate? Draw it here!